



PATIENT NEWS

VOLUME 3, ISSUE 1 WINTER 2011

HOW CAN EATING BREAKFAST CONTRIBUTE TO WEIGHT LOSS?

BY MARNI WHALEN, RD, LN, CDE



Studies show that making breakfast a "daily habit" can contribute to losing weight. Breakfast skippers set themselves up for mindless eating throughout the day and binges at lunch and supper.

People who have lost at least 30 pounds and maintained this loss for at least 1 year can join The National Weight Control Registry. This registry routinely conducts surveys of its members. One such survey indicates that 78% of the people on the registry are eating breakfast everyday. In addition, 90% report eating breakfast at least 5 days a week. This suggests that breakfast is important for weight loss and weight maintenance.

Another 4,200 patient study revealed that regular breakfast eaters were more likely to exercise regularly and have an overall lower fat intake.

Bottom line, exercise can help reduce overall calorie intake and increase exercise.

Quick Breakfast ideas:

- * 1 cup oatmeal with ¼ cup walnuts and ½ cup skim milk
- * 1 whole wheat English muffin with 1 tablespoon peanut butter and 1 banana
- * 1 cup bran flakes with ½ cup skim milk and 4 ounces orange juice
- * 1 yogurt and 1 100 calorie granola bar

Enjoy!

**Meet the
VA Black Hills Health
Care System
MOVE! Staff:**

Marni Whalen, RD, LN, CDE
MOVE! Coordinator

Casey Mitchell, RD, LN
MOVE! Dietitian

Sandy Olson, MSW-PIP
MOVE! Social Worker

Dr. Patrick Keohane, PhD
MOVE! Psychologist

Dr. Mark Cook, PhD
MOVE! Psychologist

Gary Merkel, RKT
MOVE! Kinesiotherapist

Karen Shomer, MSW
MOVE! Social Worker

Enroll TODAY!

**Call 1-800-743-1070
ext 7019**

**INSIDE THIS
ISSUE:**

VETERAN'S SUCCESS STORY	2
VETERAN'S SUCCESS STORY (CONT)	3
RECIPE!: CHEESY CHICKEN TACO CASSEROLE	4

MOVE! PATIENT SUCCESS STORY

BY RAY FOLLUM, VIETNAM VETERAN AND MOVE PARTICIPANT

“So, you can have that heart attack now, or you can put it off for a few years; or possibly avoid it altogether.” Maybe that’s not exactly what he said, but it is what he meant; and it is not what you want your doctor to say to you.

It was never my goal in life to weigh three hundred pounds, although the owners of the all-you-can-eat pizza buffet might argue that point. And the owners of the all-you-can-eat Chinese buffet are certain of it. I never actually hit 300, but at one time I was in the two-eighties. Every time I looked in that evil bathroom mirror while stepping out of the shower, I knew I needed to drop some tonnage.

I thought I was in pretty good health. I had not taken a sick day from work for over ten years. Blood pressure was “ok,” and cholesterol wasn’t too bad. The excess weight was really not my fault; I was a victim of hereditary circumstances and stress. My

wife is an extraordinary cook. And when you get to be sixty years old, certain considerations have to be extended for “maturity.” Besides, everywhere I looked there were guys just as heavy (and more so) than me. No, it was not my fault; and when you really think about it, not my responsibility.

Then there was Veteran’s Day 2009. My company’s newsletter had a “thank you” column for all who had served in uniform. One of the new young twerps that are taking over the world came up to me and asked incredulously, “You

were in Vietnam with the 101st Airborne?” I wanted to kick his scrawny little butt until he cried for his momma, and then ask him if he thought I was in the 101st. But I knew he was not being obnoxious, and I was in no shape to kick anyone’s butt. It was just that he had seen *Band of Brothers* on TV, and could not believe that

this old geezer (who was almost 100 pounds overweight and got winded climbing up a flight of stairs) was ever fit for combat. And he was right.

Serving with the 101st Airborne has been a source of pride for me my entire adult life. This kid made me realize just how fat and lazy I had become. It was embarrassing. My wife had been pleading unsuccessfully with me for years to get some exercise and lose weight, but I guess she just never hit the right button. Now the button had been punched and I was ready.

Over the years I had flirted with fad diets with limited and temporary results. This time I decided the best way to start would be a visit with a doctor, but I really did not have a personal physician. Some Vet friends had been telling me about how much they liked VA healthcare, so I gave Fort Meade a call.

Over the years I had flirted with fad diets with limited and temporary results.

Serving with the 101st Airborne has been a source of pride for me my entire adult life.

Continued on page 3...

MOVE! PATIENT SUCCESS STORY (CONT.)

BY RAY FOLLUM, VIETNAM VETERAN AND MOVE PARTICIPANT

It had been thirty years since I had been in the VA medical system. Getting re-established at the Fort Meade VA facility was incredibly easy, and I found myself amazed at the quality of care—including the services of a great doctor. In this age of modern pharmaceuticals, I was certain that he should be able to prescribe a simple pill that would make the excess pounds go away. We have all seen advertising for a wide variety of them. Instead he recommended enrollment in the MOVE program.

During my initial visit with my MOVE dietitian I was a little nervous. I had managed to lose a few pounds since first visiting my doctor, but it was not going well. Finally getting real about admitting that I had a weight problem and asking for help was not going to be easy. But she was exceptionally professional and supportive. She started me off with nutritional information and a plan for a permanent lifestyle change, which included calorie and exercise goals.

My wife was excited. She immediately began planning and

preparing meals that tasted good and kept within the caloric guidelines. I started keeping a daily log of calories and exercise rather than guess about what I thought I was doing. Progress at first was slow. The food thing was going pretty well but I was not meeting the exercise goals. I ended up purchasing an elliptical machine so I could exercise daily at home, and that began some significant headway. Since that first meeting with my MOVE dietitian in February 2010, I am down sixty-five pounds.

Although I have not yet reached my final goal, shedding inches from my waistline has given me confidence that I can and will. I would never say that it has been easy. I like all-you-can-eat buffets; but I also like feeling and looking better. And although at first it bothered me, I have to admit that I also kind of like people telling me I am looking good—geezerhood notwithstanding.

Trimming down and getting in shape has enabled me to do things I haven't done for a long time. Recently I went swimming for the first time in almost twenty years. I like swimming, but had been afraid that I would

be mistaken for an inflatable desert island pool toy. It felt great to be able to swim laps without running out of breath. And when I got out of the water, nobody threw up.

After a year in the MOVE program, daily exercise has become a habit and counting calories a normal part of eating. But any success I have achieved in weight loss must be attributed to my support team. My wife continues to be incredible, fixing meals that are nutritious, balanced, and within the calorie parameters. At our monthly meetings, Casey, my MOVE dietitian, always has advice and encouragement to keep me motivated. And, of course, my VA doctor who (although he has done unspeakable things to me) is a really great guy and caring physician.

I also must include those friends, fellow Vets, that encouraged me to get back into the VA medical system where I found a program and the people who have truly changed my life.

If I may offer one final thought: the skinny guy in the exercise commercial on TV who says his wife gives him "that little wink" more often since he lost weight—true.





VA BLACK HILLS HEALTH CARE SYSTEM
MOVE! PROGRAM

WE'RE ON THE WEB

WWW.MOVE.VA.GOV

WWW.BLACKHILLS.VA.GOV

MANAGING OBESSE/OVERWEIGHT VETERANS EVERYWHERE



*Easy &
Delicious!*

Cheesy Chicken Taco Casserole

Courtesy of www.cookinglight.com

Servings: 6

Preparation: 5 minutes

Total Time: 45 minutes

What you need:

- 1 1/2 pounds skinless, boneless chicken breasts
- Salt and pepper
- 1 (24 oz.) jar pasta sauce
- 9 (5-inch) corn tortillas
- 1 cup chopped cilantro
- 2 cups shredded Monterey Jack (8 oz.)
- 1 small tomato, sliced

What you do:

Preheat oven to 400°F. Season chicken with salt and pepper. Place in a small skillet and add cold water to cover. Bring to a simmer over medium-high heat. Reduce heat to medium-low and cook, turning once or twice, until opaque and firm, about 10 minutes. Remove, let cool and cut into small pieces or shred. You should have about 3 cups cut-up chicken.

Spread one-third of sauce over bottom of a 7-by-11-inch baking dish. Arrange 3 tortillas, slightly overlapping, on top. Sprinkle one-third of chicken and cilantro over tortillas. Top with a third of cheese. Make two more layers of sauce, tortillas, chicken, cilantro and cheese. Arrange tomato on final layer of cheese. Cover with foil and bake until bubbly, about 20 minutes. Remove foil and cook until top is lightly browned, 10 minutes more.

What you're eating:

Per Serving (1/6 of casserole):

Calories: 316, Fat: 14g (sat 8g), Carbohydrate: 10g Fiber: 2g